

capsa

ABUSE ENDS HERE.

Help, Hope & Healing



(435)753-2500



info@capsa.org



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FREE and **CONFIDENTIAL**
services for individuals
impacted by domestic violence
and sexual assault.

- 24 Hour Live Support Line
- Mobile Crisis Team
- Emergency Shelter
- Transitional Housing
- Individual and Group Counseling
- Trauma Recovery
- Therapy Services
- Advocacy in Legal and Medical Procedures
- Protective Order Assistance
- Multilingual and Culturally Specific Services
- Prevention Education Presentations

What is an Emotion?

Natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others





Feeling Vocabulary

Anger



Hot Buttons



Immediate Anger

- Clenching fists
- Grinding teeth
- Sweaty palms
- Red face
- Change in arm and body position



Pent-up Anger

- Start resenting the person
- Withdraw from the person
- Fantasize about telling someone off
- Start making nasty comments about the person
- Find yourself obsessing over the situation



Dealing with Anger

- Think about a time when you were angry. A time you wouldn't mind sharing with other people. Think about:
 - What made you angry (the hot button)
 - How you knew you were angry (immediate or pent up response)
 - What you did as a result of that anger
- Turn to your partner talk about the situations. Together come up with a list of positive, nonviolent ways that you could have responded to that situation.
- **Switch!**

Calming Strategies

Right Away

- Take a deep breath
- Talk to myself (positive talk)
- Cry
- Go into another room
- Tell the person why I am angry
- Go for a walk
- Use humor
- Count backward

Later

- Go for a walk/run
- Exercise
- Ask someone for advice
- Explain why you are angry
- Play a game
- Take a nap
- Go dancing
- Listen to music



A silhouette of a superhero with a cape, standing on a rooftop against a sunset sky. The superhero is wearing a mask and has their arms slightly out. The background shows a cityscape with a radio tower and buildings under a cloudy, orange-hued sky.

Anger is controllable. You choose the actions you take when you're angry.

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